

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### PREVENTION EXPERTS URGE HIGH BLOOD PRESSURE SCREENING FOR ALL ADULTS AGE 18 AND OLDER

The U.S. Preventive Services Task Force today reaffirmed its recommendation that clinicians measure blood pressure of all adults who are 18 and older because of good evidence that early detection and treatment of high blood pressure can significantly reduce the risk of cardiovascular disease.

The Task Force also looked at blood pressure measurement in children and adolescents but found insufficient evidence that it accurately identifies those who have a higher risk of developing cardiovascular disease and insufficient evidence that treating it decreases the incidence of CVD.

The Task Force is the leading independent panel of private-sector experts in prevention and primary care and is sponsored by the Agency for Healthcare Research and Quality. The recommendations, published in the August 1, 2003, issue of the "American Journal of Preventive Medicine," update those made by the Task Force in 1996.



The recommendations can be viewed on AHRQ Web site at: <http://www.ahrq.gov/clinic/3rduspstf/highbloodsc/hibloodrr.htm>

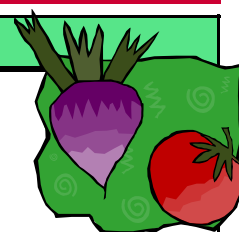


Previous Task Force recommendations, summaries of the evidence, easy-to-read fact sheets explaining the recommendations, and related materials are available from the AHRQ Publications Clearinghouse by calling (800) 358-9295 or e-mailing [ahrqpubs@ahrq.gov](mailto:ahrqpubs@ahrq.gov).

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### What is the Most Nutritious Vegetable?

When we first realized the health impact of antioxidants like vitamin C and beta-carotene, the "best" choices seemed to be those that are very dark green (like spinach, broccoli, collard and other greens), deep orange (carrots and sweet potatoes), or high in vitamin C (including cauliflower and sweet red peppers). But beta-carotene is not the only carotenoid with important health-promoting abilities.



Now attention is also being given to sources of lycopene (found in red produce, like tomatoes) and other phytochemicals, natural substances found in all plant foods. Once research on phytochemicals discovered their power to block various stages of cancer development and promote other aspects of health, the definition of a "nutritious" vegetable changed, especially when it became clear that vegetables differ in the kind and amount of phytochemicals they contain. For example, onions, garlic and cruciferous veggies like broccoli, cauliflower and brussels sprouts contain the phytochemicals called organosulfides, which fight cancer in certain ways. Citrus fruits rich in flavonoids can protect against cancer in other ways. Healthful phytochemicals have now been found in almost all veggies. The best strategy is to eat a wide variety of vegetables, and eat them abundantly.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, <http://www.aicr.org>.

"It is right to be content with what we have, never with what we are." - James Mackintosh